

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Recreation and Fitness Studies Teachers, Postsecondary \(25-1193\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 86

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Recreation and Fitness Studies Teachers, Postsecondary (25-1193)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Education and Training	9.2	20.3	16.3	<<	Extensive education and/or training may be required
English Language	11.2	16.3	11.6	<<	Extensive education and/or training may be required
Psychology	6.4	13.2	10.6	<	Expanded education and/or training may be required
Personnel and Human Resources	5.6	9.8	3.7	<<	Extensive education and/or training may be required
Philosophy and Theology	3.2	6.9	2.7	<<	Extensive education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 83

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Recreation and Fitness Studies Teachers, Postsecondary (25-1193)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Speaking	10.8	15.9	10.8	<<	Extensive development of skills in this area may be required
Instructing	7.8	14.0	13.1	0	Current skill level may be sufficient
Learning Strategies	7.2	13.5	11.0	<	A higher skill level may be required
Active Learning	8.7	12.4	7.9	<<	Extensive development of skills in this area may be required
Time Management	8.9	11.5	8.6	<<	Extensive development of skills in this area may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities		Similarity of Focus Occupation to Associated Occupation: 45			
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreation and Fitness Studies Teachers, Postsecondary (25-1193)					
Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Oral Expression	12.4	17.8	12.5	<<	Extensive improvement in abilities may be required
Oral Comprehension	12.5	15.1	11.2	<<	Extensive improvement in abilities may be required
Speech Clarity	10.2	15.1	10.8	<<	Extensive improvement in abilities may be required
Written Comprehension	11.0	15.1	8.3	<<	Extensive improvement in abilities may be required
Written Expression	9.8	13.6	7.5	<<	Extensive improvement in abilities may be required
Inductive Reasoning	10.2	12.1	8.1	<<	Extensive improvement in abilities may be required
Originality	7.6	9.7	7.5	<	Some improvement in abilities may be required
Memorization	5.6	7.4	6.2	<	Some improvement in abilities may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common		Similarity of Focus Occupation to Associated Occupation: 86
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreation and Fitness Studies Teachers, Postsecondary (25-1193)		
Work Activities	Exclusivity of Activity	
Communicate student progress	66	
Convert information into instructional program	38	
Develop instructional materials	38	
Monitor student progress	66	
Teach sports rules or techniques	89	
Use oral or written communication techniques	1	
Use public speaking techniques	13	
Use teaching techniques	29	

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus
Occupation to Associated
Occupation: n/a

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Recreation and Fitness Studies Teachers, Postsecondary (25-1193)

Tools and Technologies	Exclusivity
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Tools and technology data is unavailable for one or both occupations.	
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Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.